

Current FITNESS MEMBERSHIP is required for all instructed fitness classes

**\$20/month (30 days) \*    \$115/six- consecutive months\*    \$220/one-year\***

Pro-rating/refunds are not available

**The City of Las Vegas accepts Senior Dimensions which will pay for your fitness**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Yoga</b>  9-10:30 a.m. Multi-Purpose Room (Natasha)	<b>Sit 'N Fit</b>  9-10 a.m. Classroom 1 (Linda)	<b>Indoor Volleyball</b>  9:30-11 a.m. (Fitness Membership is not needed for this class)  <i>Cancelled June, July August</i>	<b>AM Yoga</b>  9-10:30 a.m. Multi-Purpose Room (Natasha)	<b>Water Aerobics</b>  8:30-9:30 a.m. Lap Pool (Brenda)
<b>Belly Dancing</b>  10:30-11:30 a.m. Active Adult Center Room 1 (Jeanne)	<b>Indoor Walking On your Own</b>  10:30-11:30 a.m. Gym (Fitness Membership is not needed for this class)	<b>Water Aerobics</b>  12:30-1:30 p.m. Lap Pool (Brenda)	<b>Indoor Walking On Your Own</b>  10:30-11:30 a.m. Gym (Fitness Membership is not needed for this class)	<b>Arthritis Aerobics</b>  9:30-10:30 a.m. Therapy Pool (Brenda)
<b>Weight Room Basics</b>  Noon-1 p.m. Meet at CHAAC front desk (Natasha)	<b>Boomer-Ballet</b>  12:40-1:30 p.m. Studio 2 (Heather)	<b>Dynamic Fitness Cardio</b>  1:30-2:30 p.m. Studio 2 (Linda)		<b>County Line Dance</b>  9:30 – 10:30 a.m. Multi-Purpose Room (Linda D.) <b><i>Beginning July 1</i></b>
<b>Water Aerobics</b>  12:30-1:30 p.m. Lap Pool (Brenda)		<b>Arthritis Aerobics</b>  1:30-2:30 p.m. Therapy Pool (Brenda)	<b>Tai Chi Gong</b>  12:30-1:30 p.m. YMCA Studio 2 (Natasha)	<b>Belly Dancing</b>  10:30-11:30 a.m. Active Adult Center Room 1 (Jeanne)
<b>Tai Chi Gong</b>  1-2 p.m. YMCA Studio 2 (Natasha)	<b>Weight Room Basics</b>  12:45-1:30 p.m. Meet at CHAAC front desk (Natasha)	<b>Dynamic Fitness Power Hour</b>  2:30-3:30 p.m. Studio 2 (Linda)	<b>Cardio Dance</b>  1:30-2:30 p.m. YMCA Studio 2 (Natasha)	<b>Dynamic Fitness Cardio</b>  Noon-1 p.m. Studio 2 (Linda)
<b>Arthritis Aerobics</b>  1:30-2:30 p.m. Therapy Pool (Brenda)	<b>Cardio Dance</b>  1:30-2:30 p.m. YMCA Studio 2 (Natasha)	<b>Yoga</b>  3:30-5 p.m. Multi-Purpose Room (Natasha)	<b>Line Dance</b>  2-4 p.m. Multi-Purpose Room (Mike) <b><i>Beginning July 1</i></b>	<b>Dynamic Fitness Power Hour</b>  1-2 p.m. Studio 2 (Linda)
<b>Tai Chi Gong PLUS</b>  2-2:30 p.m. YMCA Studio 2 (Natasha)	<b>Yoga</b>  2:30-3:45 p.m. YMCA Studio 2 (Natasha)	<b>Stretching, Relaxation and Meditation</b>  5-5:30 p.m. Multi-Purpose Room (Natasha)	<b>Yogalates</b>  2:30-3:30 p.m. YMCA Studio 2 (Natasha)	
<b>Stretching, Relaxation and Meditation</b>  2:30-3pm YMCA Studio 2 (Natasha)			<b>Weight Room Basics</b>  3:30-4:30 p.m. Meet at CHAAC front desk (Natasha)	

**City of Las Vegas Parks and Recreation Department**



**[www.lasvegasnevada.gov](http://www.lasvegasnevada.gov)**

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**CENTENNIAL HILLS ACTIVE ADULT CENTER 50+**

6601 N. Buffalo Dr. Monday-Friday, 8 a.m. – 6 p.m. (702) 229-1702

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**Arthritis Aerobics** - A “zero-impact” workout for individuals with arthritis to help sustain and/or improve muscle and joint mobility. **(Beginning level)**

**Belly Dancing** – Learn to control your body with grace and style. It is not only fun to do, but good exercise too! **(Beginning level)**

**Boomer-Ballet** – This class will focus on posture, balance, flexibility and self-confidence. **(Beginning level)**

**Cardio Dance** – This class includes cardio dance that incorporates movements from yoga, martial arts, and modern dance that will increase strength and grace. **(Intermediate level)**

**Country Line Dance** – Learn traditional line dances while staying fit and active! **(Beginning level)**

**Dynamic Fitness; Cardio** –This fun, motivating and upbeat class will provide a great cardio workout. **(Intermediate level)**

**Dynamic Fitness; Power Hour** – Maintain a balanced fitness with strength building and flexibility exercises. Stay strong with this enjoyable class. **(Beginning/Intermediate level)**

**Indoor Walking** – Walk in a safe and climate controlled environment.

**Line Dance** - Learn traditional line dances to a variety of music including country, modern and pop. **(Beginning/intermediate level)**

**Sit ‘N Fit** – This chair class is designed for people of all abilities to exercise in a convenient way to stay fit, maintain balance, strength and flexibility. **(Beginning level)**

**Stretching, Relaxation and Meditation** – You’ll focus on conscious breathing and meditation; leave this class feeling refreshed, calm and completely relaxed. **(Beginning level)**

**Tai Chi Gong** - Chi Gong improves blood and energy circulation, detoxifies the body and promotes balance, coordination and flexibility. **(Beginning level)**

**Tai Chi Gong PLUS** – This class is a deeper exploration of different ancient forms of Chi Gong and Tai Chi including the Tai Chi Fan. **(Intermediate level)**

**Water Aerobics** - Refresh and energize your body with this low impact water workout. **(Beginning level)**

**Weight Room Basics** –This class is not a personal training session, it will show you how to safely and properly use the equipment. ***Please bring your own workout towel.***

**Yoga** – Strengthen joints, relax your body and calm your nerves. **(Beginning level)**  
***An exercise mat is required for this class.***

**Yogalates** – This is a mat based yoga and Pilate’s fusion class to optimize core strength, endurance and flexibility **(Beginning/Intermediate level)**

**FITNESS ON YOUR OWN**

*With your annual \$2 membership you can enjoy a state-of-the art fitness center/pool; ride the stationary bike, treadmill or elliptical; use the free weights; or take a dip in the pool.*

**Please wear proper fitness attire, provide your own towel and bring water**

	Monday	Tuesday	Wednesday	Thursday	Friday
Weight/Cardio Room	8:30-9:30 a.m. 12:30-2:30 p.m. 4-5:45 p.m.	8:30-9:30 a.m. 12:30-2:30 p.m.	8:30-9:30 a.m. 12:30-2:30 p.m. 4-5:45 p.m.	8:30-9:30 a.m. 12:30-2:30 p.m.	8:30-9:30 a.m. 12:30-2:30 p.m. 4-5:45 p.m.
Lap Swim	11-3 p.m.	11-3 p.m.	11-3 p.m.	11-3 p.m.	11-3 p.m.

**City of Las Vegas Active Adult members must stay within the time frames provided above UNLESS you also have a current YMCA membership.**